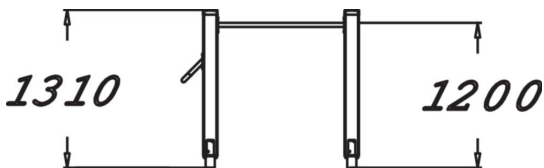
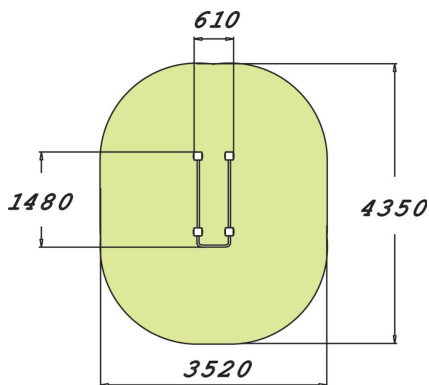




The Dip Bar is a 1,310 mm high set with two bars on the sides and one on the end. The bar on the end can be used as a footrest. The set is suitable even for beginners who want to learn to do dips. They can start with leaning push-ups against the bar. More experienced enthusiasts can move on to actual dips, which can initially be made easier by using the footrest. Dips are used for strengthening the chest, shoulder and arm muscles.



Product length, mm	610
Product width, mm	1480
Product height, mm	1310
Impact area, m²	13.4
Max. free fall height, mm	1200
Safety info	EN 16630, EN 1176-1 TÜV
Installation time (for 1), H	2
Foundation options	deep_mounting surface_mounting